

Abstract.

A helmet having an outer shell defining an inwardly facing surface extending to an edge of the shell, and a lining defining an outer surface facing the inwardly facing surface of
5 the shell, an inner surface which in use faces the head of a person wearing the helmet, and
an edge surface extending between the inner and outer surfaces of the lining adjacent the
edge of the shell. A strap is secured to the outer shell and extends from between the
inwardly facing surface of the outer shell and the outer surface of the lining. Means such
as a hook and loop fastening are provided for releasably attaching a portion of the strap
10 immediately adjacent the lining to the edge surface of the lining, such that the strap
adjacent the shell edge is pulled towards the head of the wearer.

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